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BACK FOR ANOTHER BITE

WHAT'S SCARIER THAN SHARKS? SHARKS IN A TORNADO! THE MAKERS OF THE SMASH HIT SHARKNADO PROMISE A SEQUEL NEXT YEAR

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Chemo drug scandal

The government is sitting on a report about the watered-down cancer drugs, NDP Leader Andrea Horwath says

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Pride takes it to the streets this weekend

And this year's parade marshal is one proud Londoner

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Was speed to blame in train derailment?

Spanish investigators look for answers in the deadly crash that has killed at least 80 people

PAGE 7



THEY WILL ROCK YOU

The Trews guitarist John-Angus MacDonald fires up the crowd with a blistering solo on Thursday during the opening night of Rock the Park. The festival will be in Harris Park through Saturday, featuring Journey, Styx and other acts. Visit rockthepark.ca for details. ANGELA MULLINS/METRO

Thirty days, 700 video games and eight bits

Documentary. Nostalgic NES Club movie challenge gets ready to roll



MIKE DONACHIE
mike.donachie@metronews.ca

Who says gamers spend all day in their rooms?

A lifelong love of the classic 1980s Nintendo Entertainment System is definitely getting two London friends outside to play — and then some.

Starting on Aug. 7, Jay Bartlett has a challenge. In just 30 days, he has to travel across North America finding and acquiring every officially licensed NES game — all 700 of them — without any online purchases, and his best friend, Rob McCallum, is going to film it.

The NES Club is a documentary project with its roots in nostalgia, friendship and the love of those eight-bit games.

"I've been playing since I was a wee kid, about four or five years old, back in the '70s," Bartlett said. "My mom got me an Atari 2600.

"I've never got rid of any-

Put your game face on

- The moviemakers will be at Tabu (539 Richmond St.) for their launch party on Friday night. Tickets are \$10 at the door.
- The toughest NES game to find is Stadium Events, produced by Bandai. It's sold on eBay for \$75,000 in mint condition and is rare because only a few

hundred were issued before Nintendo rebranded it as World Class Track Meet.

- Jay Bartlett and Rob McCallum's picks for the best NES games are: Donkey Kong, Legend of Zelda, Super Mario Brothers 3, Duck Tales and Balloon Fight.

thing. I've collected. I have almost every single game system there is. I'm a manager at a game retailer in the city here. I've been doing that for over 10 years."

McCallum said: "We've been best friends for literally 30 years, so it was Jay who introduced me to video games.

"Part of the reason we wanted to do this movie was to get back to the time when we were kids. We wanted to look at why that period was so interesting."

The friends recall with pleasure the days when people would play video games "shoulder to shoulder" instead of alone in their rooms and linked up to the virtual world.

The "NES shockwave," as

McCallum puts it, that ran through the industry in 1985 had a marked effect on so many childhoods, he said, and "it's never quite been the same."

Now they're bringing back that shockwave and people are definitely on board.

With destinations across Canada and the U.S. mapped out, the team is in touch with gamers everywhere and people are ready to help. Some are even planning street parties.

"It's just incredible how many people want to help and support us," McCallum said.

Follow Mike Donachie on Twitter @Mike_Donachie



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**SHOPPERS
DRUG MART**





Campus flags, banners and pretty much everything else with a university logo were updated last year when Western University launched a rebranding effort. The effort included straying away from the school's official name — University of Western Ontario — with hopes of creating a more global feel. MIKE DONACHIE/METRO

Western U beating drum on 'global' appeal

Eye on the world stage. Draft of new strategic plan furthers campus rebranding

KEVIN HURREN
london@metronews.ca

More than a year after Western University announced a massive rebranding effort, it's out with a draft plan aimed at making all the pieces click.

The strategic plan was sent to members of the Western community on Wednesday night. Officials with ties to the planning process weren't available for comment on Thursday, a university spokesman told Metro.

But in a lot of ways, the draft speaks for itself about what administrators want to see in the future.

The plan, titled *Global: Achieving Excellence on the World Stage*, is dedicated in large part to pushing the school's name far and wide along with raising its profile.

"Raising our university's national and international profile will enhance the value of a Western degree (and) facilitate the recruit-

ment and retention of the best students, faculty and staff," the report says in its introductory pages.

The version sent out this week is the second draft and first public copy of the strategy.

The first draft was an amalgamation of ideas collected from several university stakeholders. This included 188 written submissions from students, faculty, staff, alumni and other city groups.

The input was then vetted through Western's Sen-

ate Committee on University Planning, or SCUP, which then created the second draft.

The university hopes that by sharing this version, the community will help put the finishing touches on the strategy before it goes into its final review stages in November.

Western has set a deadline of Sept. 20 for members of the university to go through and critique the draft.

The university last updated its strategy three years ago.

A closer look

Key points of Western's draft strategic plan:

- **More interdisciplinary study:** Recognizing that solutions to global problems can't be found exclusively in any one area of study, Western hopes to create more crossover opportunities, allowing students to develop dynamic and diverse backgrounds.
- **More, and better, master's students:** Several points in the new strategy talk about improving master's and doctoral programs. This will

involve larger class sizes, improved access to funding and results-oriented research, along with engaging undergraduate students in research initiatives.

- **Co-operation and collaboration:** As Western alumni continue to spread across the globe, why can't the university come with them? Parts of the strategy talk about creating a better network of alumni, with the university striving to connect Western grads with each other and current students.

Industrial Waterproof Systems Ltd. London company, owner slapped with fines for tax evasion

A London company and its director have been fined a combined \$77,487 by the Canada Revenue Agency after pleading guilty to three counts of tax evasion.

Industrial Waterproof Systems Ltd. of London and Craig Beattie, who now runs the business out of Edmonton, were handed the fine at the London courthouse on Monday.

According to Canada Revenue, an investigation revealed that Industrial Waterproof Systems issued company

cheques to pay for personal household expenses and home improvements for Beattie.

The corporation's total fine of \$37,948 has been paid in full.

Beattie was fined \$39,539 and given six months to pay. The agency says he didn't report \$279,176 of personal expenses paid for by the company and cash diverted to his personal bank account on his 2005 to 2007 income tax returns, evading payment of \$79,079 in income taxes.

SCOTT TAYLOR/METRO

Mischief charges

London activists among 3 arrested

Three people have been charged with mischief under \$5,000 and possession of a controlled substance after a police investigation.

Two of those arrested — Michael Roy, 45, and Bailey Lamon, 22 — are London activists. Daniel Beaudoin, 28, of Brantford, rounds out the trio.

The mischief charges stem from downtown graffiti. Police found a small amount of marijuana during a search of a Dundas Street residence tied to the investigation.

Computers and other digital devices were also seized. MIKE DONACHIE/METRO

Single-vehicle accident. SUV rollover on Highway 402 kills Sarnia man

A 24-year-old Sarnia man is dead after a Thursday crash on Highway 402 just east of Colonel Talbot Road.

Joshua Alderton lost control of his SUV just before 6 a.m. and it rolled over in a ditch, OPP Const. Laurie Houghton said. No other vehicles were involved.

Houghton said Alderton wasn't wearing a seatbelt at the time. He was rushed to hospital, where he was pronounced dead.

All eastbound lanes of the highway were closed in the area for more than four hours. SCOTT TAYLOR/METRO



Online

For more local news, go to metronews.ca.



Weekend revelry. Pride London festivities taking to the outdoors

Pride London is ready to take over downtown.

After a series of events at venues across the city, the festival is headed outdoors this weekend.

Pride will make a three-day stand in Victoria Park starting Friday. In addition to the standard entertainment, a beer garden and plenty of food, the festival will have a number of specialty zones, including an area for kids and a leash-free pet zone.

The festival is open from 6 to 11 p.m. Friday, 11 a.m. to 11 p.m. Saturday and 11 a.m. to 6 p.m. Sunday.

Special events include the Mr. and Miss Pride London show from 9 to 11 p.m. Friday and closing speeches from 2 to 3:30 p.m. Sunday.

The Pride Wind Down show runs from 4:30 to 6 p.m. Sunday.

The weekend highlight, of course, will be the 19th annual Pride parade on Sunday.

Starting at 12:30 a.m., the parade kicks off at the Western Fair District, travelling north on Ontario Street to Queens Street then north on Wellington, ending in Victoria Park.

More than 60 floats from various groups and organizations have registered for the event.

KEVIN HURREN/FOR METRO



Want more Pride?

For a full look at what's happening during the festival, click on over to pridelondon.ca or check out metronews.ca on Sunday for photos of the parade.



The Pride London parade route. METRO FILE



Eddy Phimphrachanh, owner of Club Lavish and a leader in the LGBT community, is the grand marshal of this year's Pride London parade. KEVIN HURREN/FOR METRO

Eddy rides his own current

Meet your marshal. Downtown business owner will be front and centre on Sunday at Pride parade

Quoted

"Pride isn't just about celebrating being gay. It's about being able to love anyone you want without being persecuted for it."

Eddy Phimphrachanh, Pride London parade grand marshal

"It's not all about me," Eddy Phimphrachanh says modestly when asked about his success.

But on Sunday, it kind of will be. The 28-year-old has been tapped as the grand marshal of this year's Pride London parade.

Chosen for the honour because of his contributions to the LGBT community, Phimphrachanh has had a strong presence in down-

town London. After opening Thaifoon restaurant with his brother six years ago, Phimphrachanh wanted to take his business experience and apply it to something more personal.

Coming out at 23 years old, Phimphrachanh wanted to meet new people. The problem was his out-and-proud demeanour didn't mesh with the heterosexual bars that London had to offer.

"I felt there was a need to create a space where I could feel comfortable and my friends could as well," he says.

That led to Club Lavish — a bar dedicated to London's gay community. Opened four years ago, the club has succeeded and grown.

At the same time, the London community has become much more tolerant and accepting, Phimphrachanh

says.

Moving to London from a small town between Gode-rich and Exeter about 10 years ago, Phimphrachanh faced his fair share of ignorance. From getting kicked out of bars to being assaulted, it hasn't been easy being open about his sexuality.

But the more people have educated themselves, the better London has become, Phimphrachanh says.

His experiences are, in part, what inspire him to donate both time and money to LGBT projects in the city.

"It definitely has changed, and even in the last year there's been so much advancement in different countries and in London."

KEVIN HURREN/FOR METRO

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Horwath demands chemo report

'It's the least they can do'. NDP says Liberal government should release report into diluted doses

The leader of the Ontario NDP is demanding that the provincial government release a report into the chemotherapy-drug scandal.

Many of the patients who

didn't know they were given weaker drugs are in London, Andrea Horwath said Thursday. She made the demand during a campaign visit with London West byelection candidate Peggy Sattler. When the scandal broke, the NDP "went to work" to get answers, said Horwath, asking for an ombudsman's investigation. Instead the province set up an independent investigation under Dr. Jake Thiessen. His report has not been released.

"Today I'm calling on the Liberal government to release the report that they have in their possession now from Dr. Thiessen," Horwath said. "It's the least they can do to give people the answers they deserve."

She made her call outside the London Health Sciences Centre, where 691 patients affected by the scandal were treated. Horwath was supported by Kristine Allison of London, who lost her fiancé,

Steve Drouin, 40, to cancer in May 2012. Although Drouin's chemo ended before the weak Marchese Hospital Solutions drugs were being used, Allison has concerns about drug monitoring in hospitals.

"They have 4,000 drugs in this hospital," she said, "and eight of them were outsourced. Not once did they come through any quality control coming into the hospital or going to the patient directly."

MIKE DONACHIE/METRO

Chemo drugs scandal

- A total of 1,202 patients at four hospitals in Ontario and one in New Brunswick received weaker-than-prescribed doses of cyclophosphamide and gemcitabine between February 2012 and late March 2013.
- Since then, 137 of the patients have died. It is

unclear if the weak drugs played a role in any of their deaths.

- The drugs were supplied by Marchese Hospital Solutions. All hospitals have now started mixing their own drugs in-house.

Source: Torstar News Service



Firefighters lend hand at Social Skills Camp

Firefighters have been acting as role models to children from low-income areas of the city this summer through the inaugural Social Skills Camp. The project, led by the city and area churches, is teaching important lessons to children six to nine years old, such as how to talk to friends, how to give compliments and how to avoid fights. Firefighters from Station No. 10 hosted barbecues along with other activities on Thursday as the camp ended and the kids graduated.

MIKE DONACHIE/METRO

Pressure on gangs keeping crime rate down: Police chief

The London area is becoming a safer place to live, Statistics Canada says in a report on crime across the country.

The overall crime severity index (CSI) — which includes data for St. Thomas — fell five points between 2011 and 2012 to 74.5, a hair under that national average of 75. Violent crimes decreased locally by 9.3 per cent in 2012 compared to 2011.

Police Chief Brad Duncan said there are a number of reasons for the drop.

"Obviously, we've increased our focus on guns and drugs and gang activity. That's been a concentrated focus for the past couple of years," he said.

While he said gangs are still operating in London, police pressure has, for the most part,

Quoted

"Our focus has been to maintain constant pressure on illegal activity associated with guns and drugs in (the gang) culture."

Police Chief Brad Duncan

limited their activity.

"We're continually executing search warrants, we're keeping the pressure up and it's reflected in some of these rates we're seeing," Duncan said.

Stats Can introduced the CSI in 2009 as a measure of the severity of crimes committed.

Crimes are assigned "serious-

ness weights," which are calculated through a formula that includes the number of people who spend time in jail after being convicted of a specific crime and how much jail time those criminals serve.

To determine CSI, the number of incidents for each offence is multiplied by the weight of that offence, so murders and assaults receive more weight than a mischief charge, for example.

Nationally, Thunder Bay's CSI showed the largest decrease of 17 points, while Windsor's seven-point increase was the largest gain year over year.

The most dangerous place to live overall, according to the CSI data, is Regina. The safest is Quebec City.

SCOTT TAYLOR/METRO

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Premiers vow to fight jobs training scheme



Premier Kathleen Wynne at the Council of the Federation summer meeting in Niagara-on-the-Lake on Thursday. AARON LYNETT/THE CANADIAN PRESS

Controversy.

New plan would require provinces to cough up more than half a billion dollars

Canada's provincial and territorial leaders vowed Thursday to fight Ottawa's controversial plan to fund jobs training

for workers, saying the new scheme would require them to come up with more than half a billion dollars in extra cash.

There's concern across the board over the Canada Job Grant, said Premier Kathleen Wynne, who is hosting the Council of the Federation meeting.

The Harper government wants to divert some of the money it gives to the provinces

Premiers' response

"There really was a very strong feeling that the program as it exists won't work."

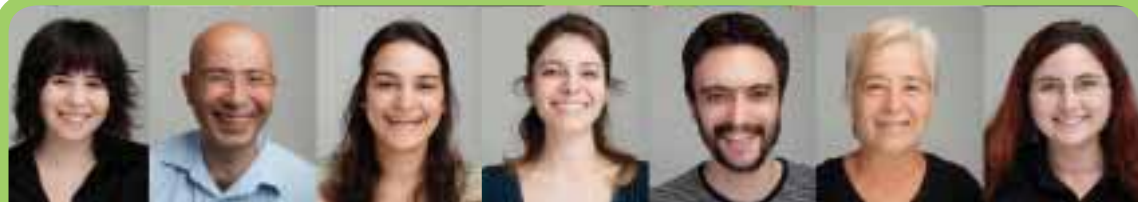
Premier Kathleen Wynne

and territories to the new program, which would provide a grant of \$15,000 per worker.

The provinces and territories, as well as the employers, would each kick in \$5,000.

But the premiers are worried that it won't give them enough flexibility to direct the money where it's needed most and could jeopardize existing provincially run programs. Small businesses aren't interested in taking part in this program either, Wynne said.

THE CANADIAN PRESS



Can you guess who the dental assistant is?

Surprisingly, any one of these people could be a dental assistant. Yes – formally educated or not, anyone can become a dental assistant. That's the message the Ontario government sent to the province.

The Health Minister, the Honourable Deb Matthews, decided to accept the recommendation of the Health Professions Regulatory Advisory Council (HPRAC) not to regulate Ontario dental assistants.

With this decision, the Ontario government is stating that it is permissible for Ontario dentists to hire people without a formal education to do the work of dental assistants. That means anyone can be a dental assistant... your dentist's niece, the girl next door, or the guy at the check-out counter at the grocery store.

If that surprises you, consider this: dental assistants take x-rays and are responsible for infection control in the dental office. We believe that anyone with these responsibilities should have a formal education before performing these tasks. It is a matter of public health and safety.

Dental assistants are currently regulated in eight Canadian provinces and it appears that Quebec will soon follow. Ontario will be the only province that does not meet the national standards.

Our loss is a bigger loss for Ontario dental patients.

Help us send a message to the Ontario government. In the upcoming by-elections, make sure your vote supports a government that listens to frontline workers.

Please go online to sign our petition today!

ODAA.org/change

A message from the Ontario Dental Assistants Association, the certifying body for Ontario Dental Assistants for over 40 years.

869 Dundas Street, London, Ontario N5W 2Z8

www.odaa.org

Presents for a prince. Mukluks, moccasins among Canadian gifts

It may be a while before Prince George pays a visit to Canada, but the country's future king already has plenty of symbolic homegrown mementoes.

On their official website, Prince William and his wife, Kate, expressed gratefulness for the gifts they've already received for their newborn son but suggest well-wishers instead support those in need, such as a local children's charity.

Canada appears to be heeding the call. Prime Minister Stephen Harper announced a donation by the government of \$100,000 to a Canadian child-focused charity to be named at a later date.

The young prince could soon be swathed in a Canadian handcrafted blanket, an additional gift Harper said is "reflective of our country's rich and diverse culture."

Fashioned from cream-coloured qiviut (muskox wool) with a white border, the Canadian coat of arms and Prince George's birthdate will be embroidered on the blanket, which is in the process of being made.

"These gifts symbolize our warm ties to our Royal Family, honouring our close and enduring relationship," Harper said in a statement Thursday.

Harper and his wife, Laureen, and Gov. Gen. David Johnston and his wife, Sharon, are also offering a personal present to the infant heir to the throne: a selection of Canadian children's books in both official languages.

THE CANADIAN PRESS



Manitobah Mukluks, a gift from Shawn Atleo, national chief of the Assembly of First Nations. THE CANADIAN PRESS

Pay it forward

Good Samaritans spread some caffeinated cheer

Coffee was flowing free for hundreds of Canadians at three Tim Hortons locations Thursday as the act of one Good Samaritan appeared to precipitate a wave of copycat java generosity.

Since Monday at least five cases of coffee philanthropy have been reported: one each in Red Deer, Alta., Calgary and Ottawa, and two in Edmonton.

The first donation happened on Monday, when a young man in his mid-to-late 20s walked into Tim Hortons in downtown Edmonton and ordered a large double-double and a Boston cream doughnut.

And large coffees for the next 500 customers.

As news spread on social media, some skeptics speculated that the donations were part of an elaborate publicity stunt by the coffee chain.

But Tim Hortons spokeswoman Michelle Robichau said that's not the case.

THE CANADIAN PRESS

Bulgaria. Officials release name, face of Canadian accused in bus bombing

Bulgarian authorities distributed on Thursday the names and images of two wanted suspects — one of them Canadian — involved in a bomb attack that killed five Israeli tourists and a Bulgarian bus driver last year.

The first alleged terrorist is identified as Meliad Farah, also known as Hussein Hussein, an Australian citizen born Nov. 5, 1980. The second is Hassan El Hajj Hassan, a Canadian citizen born March 22, 1988, according to a statement of the interior ministry.

Canada's Immigration Minister Jason Kenney said in February that one of the suspects was born in Lebanon, came to Canada at age eight, became a Canadian citizen and then left at age 12. He said he assumed the man was a dual Lebanese-Canadian citizen.



Hassan El Hajj Hassan CONTRIBUTED

"I understand he may have been back to Canada a few times since then, but he has not been a habitual resident in Canada since the age of 12," Kenney said.

A third suspect, a suicide bomber who died on the scene, has not been identified.

In February, Bulgarian authorities said there were reasons to believe that the suspects were members of the militant wing of Hezbollah. Last week, Minister Yovchev said there were "clear signs that say that Hezbollah was behind the bus bombing."

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

Lac-Mégantic disaster. Police raid railway office as company stays silent

Quebec provincial police have raided an office belonging to the railway involved in the Lac-Mégantic disaster, adding to a growing pile of legal concerns for the U.S. company.

Investigators searched for clues Thursday inside the Farnham branch of Montreal, Maine & Atlantic Railway (MMA) as part of their ongoing criminal probe into the derailment.

Farnham, a town between Montreal and Lac-Mégantic, is also the home of Tom Harding, the engineer of the train.

Lac-Mégantic's mayor announced earlier this week she had sent a lawyer's letter to MMA, demanding that it immediately reimburse the town \$4 million for environmental cleanup costs.

Getting comfy

"We'll be in Farnham as long as it takes to gather all the evidence we're looking for there."

Quebec provincial police Insp. Michel Forget

Colette Roy-Laroche alleged the community had to pick up the tab for MMA because it failed to pay companies it had hired to mop up spilled oil.

The letter told the company it had 48 hours — or until noon Thursday — to respond.

A few hours after the deadline passed, Roy-Laroche told reporters that Lac-Mégantic never heard from MMA.

THE CANADIAN PRESS

Dublin

Man's body left to rot in occupied home for years

Irish police say a dead man's badly decomposed remains have been found in an occupied Dublin house and may have lain there, undisturbed, for four years.

Thursday's macabre discovery in the inner-city district of Phibsborough follows renovations to the

property.

Police say the house's residents were illegal squatters and drug users.

They say the previous tenant may have died during a fire at the property in 2009, but his body was not seen by firefighters and eventually obscured by a broken piece of furniture.

A pathologist says the man appears to have died from natural causes, and DNA and dental records may be needed to identify him. THE ASSOCIATED PRESS



This image taken from security camera video shows a train derailed in Santiago de Compostela, Spain, on Wednesday. Investigators tried to determine Thursday why the passenger train jumped the tracks. THE ASSOCIATED PRESS

Train likely went twice speed limit

Spain derailment. Reason still unknown as authorities wait to question injured driver

A Spanish train that hurtled off the rails and smashed into a security wall was going so fast that carriages tumbled off the tracks like dominoes, killing 80 people and maiming dozens more, according to eyewitness accounts and video footage obtained Thursday.

An Associated Press analysis of video images suggests the train may have been trav-

elling at twice the speed limit or more along that curved stretch of track. The unanswered question is: why?

Spain's government said two probes have been launched into the train's derailment Wednesday night on its approach to a Christian festival city in northwest Spain.

The regional government in Galicia confirmed that police planned to question the 52-year-old train driver, in Santiago de Compostela's main hospital with unspecified injuries, as both a witness and as a possible suspect, but cautioned that possible faults in safety equipment were also

80 km/h limit

192 km/h

The highest estimate of the train's speed based on an examination of video images.

being investigated.

Eyewitness accounts backed by security-camera footage suggested that the eight-carriage train was going too fast as it tried to turn left underneath a road bridge. Spanish officials said the speed limit on that section of track is 80 km/h.

An Associated Press es-

timate of the train's speed using the time stamp of the video and the estimated distance between two pylons gives a range of 144 to 192 km/h. Another estimate calculated on the basis of the typical distance between railroad ties gives a range of 156 to 182 km/h.

Train company Renfe identified the driver, Francisco Jose Garzon Amo, as a 30-year employee. Renfe's president, Julio Gomez-Pomar Rodriguez, told the Cadena Cope radio network that the driver had worked on that route for more than a year.

THE ASSOCIATED PRESS

Spain enters three days of mourning

Changed forever

"July 24 will no longer be the eve of a day of celebration."

Alberto Nunez Feijoo, regional president of Galicia, of which Santiago de Compostela is the capital

Santiago officials had been preparing for the city's celebrated Catholic festival

Thursday but cancelled it and took control of the city's main indoor sports arena to use as a makeshift morgue.

In the morning, Prime Minister Mariano Rajoy, a native of Santiago de Compostela, toured the crash scene and went to a nearby hospital to visit the wounded. In the evening, King Carlos and Queen Sofia went to the same hospital, dressed in funeral black. THE ASSOCIATED PRESS



Relatives wait for news at a victims info point in Santiago de Compostela, Spain. BRAIS LORENZO/THE ASSOCIATED PRESS

BlackBerry cuts 250 jobs at test facility



A BlackBerry Q10 on display at the firm's annual meeting in Waterloo on July 9. GEOFF ROBINS/THE CANADIAN PRESS

Waterloo. Layoffs part of next stage of turnaround plan, company says

BlackBerry has given layoff notices to 250 workers at its product-testing facility in Waterloo, where the global smartphone company is based.

The employees, who

supported the company's manufacturing, research and development efforts, were notified on Tuesday. "This is part of the next stage of our turnaround plan to increase efficiencies and scale our company correctly for new opportunities in mobile computing. We will be as transparent as possible as those plans evolve," the company said in an email.

The company announced

plans last year to cut about 5,000 employees as part of its restructuring efforts.

BlackBerry is trying to recover a stronger position in the highly competitive smartphone market with its new BlackBerry 10 line of phones and operating system.

At the company's annual general meeting this month, CEO Thorsten Heins told shareholders that BlackBerry

is in the midst of a "complex transition" that included a three-stage plan to become profitable again.

BlackBerry shares fell below \$10 earlier this month for the first time since last year. The company has been under pressure since it posted quarterly results last month that fell short of analysts' largely optimistic expectations.

THE CANADIAN PRESS

If you took the quit smoking drug CHAMPIX between April 2, 2007 and May 31, 2010, your rights could be affected by the certification of a class action. Please read carefully.

The Ontario Superior court has certified a class action for Canadians who took Champix between April 2, 2007 and May 31, 2010 and allegedly suffered certain reactions. The Representative Plaintiff is Kenneth Parker.

What is the Class Action About?

The lawsuit seeks compensation for all class members. It alleges that, between April 2, 2007 and May 31, 2010, Pfizer Canada Inc. failed to adequately warn of the risk of certain psychiatric adverse events allegedly related to Champix.

Pfizer Canada Inc. denies the allegations, which have not been established, and is defending the lawsuit.

Who is Included in the Class Action?

All persons in Canada who took Champix during the period from April 2, 2007 to May 31, 2010 and who, while taking or after taking Champix to help quit smoking, experienced any of the psychiatric adverse events or symptoms listed below:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression, anxiety or panic attacks
- feeling very agitated or restless
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- abnormal thoughts or sensations
- seeing or hearing things that are not there (hallucinations)
- feeling people are against you (paranoia)
- feeling confused
- other unusual changes in behaviours

If you are a person who fits the above description, you are a member of the "Class". If you are a relative of a member of the Class who is entitled to make claims under any of the Dependents Statutes in Canada as a result of the death or personal injury of your relative, you are a member of the "Family Class".

If you are a Class member or Family Class member you do not need to do anything at this stage to participate – you are automatically included in the class action. You are encouraged however to contact Class Counsel for more information, and to discuss the steps necessary for preserving medical records that may be needed for any claim that may be advanced on your behalf.

You Must Opt-Out if You Do Not Want to Participate

If you do not want to be part of this lawsuit you must notify Class Counsel at the address below, in writing, by no later than September 20, 2013, providing your name and address and indicating that you do not want to be part of this lawsuit.

If you are a Class member or a Family Class member and do not exclude yourself by that date you will be included in this lawsuit and will be forever bound by the court's judgment on the common issues, whether favourable or not.

What are the Financial Consequences?

If the action is not successful on the common issues, no class member will be responsible for legal fees or costs. The Representative Plaintiff has entered into a contingency fee agreement with Class Counsel for the legal work on the common issues. Class Counsel will be paid only if the action is successful.

If the class is successful at the common issues trial, further proceedings will be necessary for individual Class members to prove their own personal claims. Class members may be responsible for the costs of proving their own claims, and may wish to hire a lawyer to assist them with these further proceedings. Class Counsel is available to be hired by class members on a contingency basis, or class members may hire another lawyer of their own choosing.

For More Information

For more information, please contact one of the firms listed below as Class Counsel:

Ontario
McPHADDEN SAMAC TUOVI LLP
Suite 300 – 8 King Street East
Toronto, ON M5C 1B5
Tel: 416-601-1020
www.mcst.ca
bmphadden@mcst.ca

Québec
LAUZON BÉLANGER LÉSPERANCE
100-286 Saint-Paul West
Montreal, QC H2Y 2A3
Tel: (514) 844-4646
www.lblavocats.ca

Alberta
DOCKEN KLYM
900, 800-6th Ave. SW
Calgary, AB T2P 3G3
Tel: (403) 269-3612
www.docken.com

British Columbia
KLEIN LYONS LLP
400-1385 W. Broadway
Vancouver, BC V6H 4C1
Tel: (604) 874-7171
www.kleinlyons.com

Television. Survey highlights grim reality of job conditions

The market for reality television has exploded, with Canadian versions of The Amazing Race, Storage Wars, Big Brother and The Bachelor all competing for viewer attention.

But workers in the industry say they are being overlooked by some production companies intent on profits over the interests of their workers.

An exclusive first look by Torstar News Service at interim results of a survey taken by the Canadian Media Guild say workers complain that long hours, lack of security and benefits are some of the big issues that need to be addressed in the burgeoning industry.

"Factual TV is the new frontier and the business has really

grown, which is great. But the downside to this is some workers who are saying that they've given their blood, sweat and tears in an industry that is open to abuse," says Karen Wirsig of the Canadian Media Guild.

The union decided to conduct a survey after being approached by reality TV workers about working conditions, Wirsig says.

While long hours and demanding conditions are not unusual in the film and television industry, reality TV productions typically have smaller budgets, hire more freelancers and work on tighter deadlines, which could exacerbate poor working conditions, says the union.

TORSTAR NEWS SERVICE



Hell hath no fury like the Women Tell All episode on The Bachelor. Reality TV production is booming in Canada, but a new survey says some workers feel their interests are being overlooked. CITYTV

Commercials


Condom ad is too hot for Pakistani regulators


Pakistan's media regulatory agency has banned a condom commercial starring a sultry Pakistani model after it received hundreds of complaints the ad was too racy, a senior official said Thursday. The TV ad shows a Pakistani couple wondering why their neighbour's new bride, the model and actress Mathira Mohammed, is working so hard to keep her husband happy.

THE ASSOCIATED PRESS

Market Minute

 **DOLLAR**
97.43¢
(+0.49¢)

 **TSX**
12,669.14 (-3.16)

 **OIL**
\$105.49 US (+10¢)

 **GOLD**
\$1,328.80 US (+\$9.30)

Natural gas: \$3.65 US (-5¢)
Dow Jones: 15,555.61 (+13.37)

This notice has been authorized by the Ontario Superior Court of Justice. Do not contact the Court.

STOLEN: ONE PIANO, SOME DIGNITY

1 Humble beginnings. As the Duchess of Cambridge pushed forth the fruit of the royal loom, global media granted her highness a rare modicum of privacy, foregoing details regarding distress of her sovereign regions or straining of the royal bosom. Nay, but whilst the revelation of the imperial moniker, George Alexander Louis, stirred such zeal amidst the multitudes, I reflected thusly to myself: "Why am I still watching this?"

2 Politics. British Prime Minister David Cameron announced a novel endeavour to filter out Internet pornography for his citizens. After all, everyone knows that most of the salacious content that appears on-screen arrives unsolicited and if not for Cameron, this material would continue to present itself to innocent husbands, boyfriends and teenagers. Well cheerio, good sir. And good luck getting re-elected.

3 Sext-posed. In 2011, a sexting scandal forced Anthony Weiner to resign from U.S. Congress. Now running for mayor of New York City, he's still sexting, but refuses to withdraw his candidacy.



THE METRO LIST
Mike Benhaim
metronews.ca

After all, his wife remains staunchly by his side saying, "Yes, he's made mistakes, but he's apologized. Sure, he made them again repeatedly, but I love him. Besides how do you think we met?"

4 Got it. Selena Gomez turned 21 this week and celebrated by legally having her first alcoholic drink. More importantly, every adult male that has seen Gomez's video Come And Get It, can now officially stop feeling dirty.

5 Bynes some time. Amanda Bynes is being held for mental evaluation after allegedly starting a fire in a California resident's driveway. Oh, so now a few nasty tweets, one little hit-and-run, bong out a window, shave your head, wear a crazy wig to court, start a small fire in the driveway, and suddenly you're crazy?

6 Who's coming? Scientists at Imperial College London have designed a concept mission to land astronauts on Mars. There has been news of other such missions over the last year, making me wonder why the major world governments keep telling us that global warming is not that big an issue, but seem to be fervently

searching for other options. Here's the scary part: They'll use our tax dollars in the name of progress, but you know they're not taking all of us, right?

7 Fine-tuning. Last week, two men walked out with Toronto General Hospital's baby grand piano at one o'clock in the afternoon. I don't have much to add except that I once got caught stealing a candy from the bulk bin while shopping at Loblaws.

8 This week in 1996. The Spice Girls scored their first U.K. No. 1 with Wannabe. It would sell more than six million copies and win an award for best British-written single. "So tell me what you want, what you really really want. I wanna really, really wanna zig-a-zig-ah." Best-written single indeed.

9 Take a bow. This week saw the untimely end of character actor Dennis Farina. Farina, who played cops and criminals alike, actually worked as a Chicago police officer for 18 years. Some will remember him from Law & Order, and others from films like Get Shorty and Saving Private Ryan, but to me, he'll always be Cousin Avy from Snatch. Rest in peace, bub-baleh, we'll miss you.

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ZOOM

This'll ruffle a few feathers



ANDY RAIN/THE ASSOCIATED PRESS

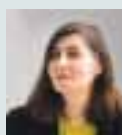
Giant cockerel takes its perch

A gargantuan electric blue cockerel has been unveiled on a plinth in London's most iconic city square. Hahn/Cock, a 4.72-metre-high fibreglass sculpture by German artist Katharina Fritsch, is perched next to sombre military monuments in Trafalgar Square and is meant to symbolize regeneration and rebirth. **METRO**

Double meaning

- The sculpture's title "hahn," German for "cock," carries the same double meaning as in English and is a deliberate double entendre.
- It mimics the Gallic rooster, the unofficial national symbol of France, yet is placed on a square that commemorates Britain's 1805 Battle of Trafalgar, a naval victory over France.

Artist's viewpoint



"I am making an image of a male animal."

Women are getting more and more into the active role, they determine things, they make their way."

German sculptor Katharina Fritsch

Tough critics



"It's very ugly – a massive eye-sore. But that's

modern art for you, something big and controversial — but I would like to try and climb up the cockerel."

Jùlia Llauro, 19, journalism student

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Looking for a way to share your filtered pics with your mom, grandmother and other non-Instagrammers? Why not show them off in the real world, too? With smartphone cams getting better with each generation, printing iPhoneography has gone from faux-pas to pourquoi pas. Some sites to help you out:



GETTY IMAGES

Canvas Pop

Turn your iPhone-photography into fine art. Just upload your photo (with or without a hipstamatic, Instagram filter) and within days they send you back a high-quality with giclee prints. Free shipping, even to Canada!

Poster Jack

From posters to canvas to acrylic to

stickers to even metal prints, Toronto-based posterjack.ca lets you turn your art into just about anything else. Ships all over Canada.

Mpix

Turn your pics into cards, calendars, even pins at mpix.com. Extremely user friendly, though it has a shipping charge for us Canadians.

Twitter

@metropicks asked: A coffee-buying Good Samaritan has sparked copycats. Would you spend hundreds on java for strangers? Why/why not?

@FrenchmanCanada: I wonder if some will be crazy/rich enough to do the same at @Starbucks #5DollarCoffee

@shehswings: Yes, but would make more sense if the coffees were distributed to less fortunate. Ppl stopping by Tim's can usually afford

Follow @metropicks and take part in our daily poll.



Letters and comments

RE: Shaming The Couch Critics, published July 24

Glib references to "banging the cafeteria lady at the YMCA" are never OK, even in the spirit Benhaim intended.

The point is undermined — and readers are alienated. Disappointed to find this kind of tone in what is usually a fine column marked by smart and sensitive writing.

Janet Gunn, Toronto

Well said. It's the old freak show made new. You have to have a certain personality to do this even for money. **Shamamama posted to metronews.ca**

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Synopsis

Brandy Klark (Aubrey Plaza) is an overachiever. She's the publisher of her own magazine, *Women With a Y*, a straight-A student with a full scholarship to Georgetown University and her high school valedictorian. She's also a virgin, a status she hopes to change soon with the help of Rusty Waters (Scott Porter), a college surfer stud. Attacking her new project with the gusto that won her accolades in school, she gets the advice of friends and family (Christopher Mintz-Plasse, Alia Shawkat, Sarah Steele and Rachel Bilson) and makes up a sex "to do" list, applying the zeal that made her a mathlete.

- Richard: ●●●●●
- Mark: ●●●●●

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Aubrey Plaza, left, and Rachel Bilson star in *The To Do List*. HANDOUT

Let's talk about sex

The To Do List. Teen sex comedy genre gets a gender twist as the female becomes the hunter looking for bedpost notches

Richard: Mark, if you're of the generation familiar with *Snackwells* and *skorts*, then this movie may resonate a little louder for you than it did for me. It's a cleverly drawn coming-of-age picture, set in 1993, that gets the tone of the times right — *skorts* and all — but it left me feeling as though I was watching a throwback to the sex comedies of the early '90s filtered through a 2013 lens. In other

words, less innocence, more bodily fluids. What did you think?

Mark: One of the things I love about movies is how much you can learn from them. Richard, I had no idea how tough it is for an attractive young woman to lose her virginity! Well, live and loin. Switching the gender roles and making the teenage girl the aggressor was a nice touch, and setting it in 1993 made its pre-Internet sexuality seem almost believable. It's John Hughes with an R rating — not a bad thing. What did you think of Aubrey Plaza?

RC: I like Aubrey Plaza. I think if this part had been played by anyone else — im-

agine Emma Stone or Imogen Poots — it would have lost some of its charm. Plaza is naturally off balance, so the stranger moments of this movie don't feel forced or quirky for the sake of being quirky. As I said earlier, I didn't much go for some of the bodily fluid gags — or the gross *Caddyshack* tribute — but Plaza trying to vamp it up in an ill-fitting bathing suit is a really funny scene.

MB: I liked Aubrey Plaza too. She was just gawky enough to make the movie seem credible. In fact, the whole movie is well cast. Bill Hader has lots of great moments, and Plaza's two girlfriends are not the typical cuties you usually find in a teen picture. I actually think there's another influ-

ence working on this picture — *Napoleon Dynamite*. From the Idaho setting to the oversaturated colours, quirky rhythms and simple cinematography, there's a lot the two movies have in common, although this one seems more overtly commercial.

RC: Maybe more commercial, but telling the story from a female point of view is a nice change from the usual boy-centric sex comedy story.

MB: Richard, in spite of what some people may think, I am not, nor have I ever been, a teenage girl. But I found I could relate to the story, because although it takes place in 1993, it takes place in Boise, Idaho, which feels like 1973.

2 SCENE

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Cory Monteith. Could actor's dark role have been a factor in death?

KATE WEBB

kate.webb@metronews.ca

Cory Monteith's fatal relapse into heroin addiction might have been triggered by his last film role — that of a hustling drug addict — speculates a source close to the actor.

The insider, who spoke to Metro on condition of anonymity, said Monteith's death bears a lot of similarities to that of Heath Ledger, who died of a prescription pill overdose months after becoming consumed by his Oscar-winning role as the insane Joker in *The Dark Knight*.

Monteith portrayed Simon Weeks, a young junkie on the run from police, in *McCanick*, which was shot over three weeks in Philadelphia last September.

"It may or may not have put another step in this," says the source, who knew Monteith for most of his life.

McCanick's director, Josh C. Waller, told the Los Angeles Times after Monteith's sudden death that the *Glee* star had actively pursued the dark role, saying he wanted to "tap into things from his youth that he hadn't been able to use as an actor yet."

By March, Monteith's *Glee* castmates realized he was using and staged an intervention, prompting him to enter rehab in April for a month.

The actor's associate says it's hard to know for sure whether his role as a hard-core addict could have reignited his real-life addiction, which Monteith openly admitted to struggling with since his teens.

"That's the thing. If you do any acting or you do any acting classes, you get involved. You try to literally put yourself



Cory Monteith died in Vancouver on July 13. GETTY IMAGES

in their shoes," he says, "and it does help if you find a character within the character and you become that, so it's not really acting. You're just being."

Waller told the Times he last saw Monteith a month ago, when they met to watch a finished cut of *McCanick*.

The film does not yet have a distributor, but it has been submitted for consideration to the Toronto Film Festival.

In an interview on a Philadelphia radio show during its filming last September, the director praised the 31-year-old's passion for the role, which was a stark contrast to his more innocent and widely known character, Finn Hudson, on *Glee*.

"I've got to say, on Cory's behalf, his commitment to this role is really different than anything I've certainly seen him do, and it's been amazing to watch him do this," Waller said.

Monteith died alone in a Vancouver hotel room July 13 after consuming a toxic combination of heroin and alcohol.

Hickory, dickory, dock, Dice continues to rock

Career resurgence.

Comic legend Andrew Dice Clay finds new life with a book, movie, TV show — all stemming from a guest spot on *Entourage*

Andrew Dice Clay is on a roll. Or as the comedian sees it, enjoying a resurgence.

He's in Woody Allen's latest movie, *Blue Jasmine*, will judge a new syndicated TV talent show and see his autobiography published next spring, and is collaborating on a documentary about his life and career with *Entourage* creator Doug Ellin.

Add to that his guest shot on *Entourage* in its final season in 2011 and last December's Showtime standup special, Andrew Dice Clay: Indestructible, and it sounds like a comeback for Clay, 55, after a fallow period that included a brief 2009 stint on *Celebrity Apprentice*.

He looks at it otherwise.

"I've always done things a little differently," said Clay, who became both popular and polarizing in the 1980s with his profane, raw standup routines, especially those with women as the topic.

Clay was so controversial — so misogynistic, angry detractors said — that his 1990 appearance as *Saturday Night Live* host prompted boycotts by series cast member Nora Dunn and scheduled musical guest Sinead O'Connor.

He hasn't lost his onstage edge, still essaying the Dice-man persona that he calls the "ultimate rock and roll standup comedic hero," one that's equal parts swagger, black leather and middle-age pompadour.

But Clay suggests that the culture is so altered that it has caught up with him, putting him in a different light.

Women "have become the aggressors," he said. "When I say they're the most aggressive piglets ever, I don't say that with disrespect. I waited for this generation."

In conversation, Clay is so polite that before he introduces a racy thought he assures the listener that it's part of his onstage material, not rudeness.

He's eager to talk about his sons, Max, 22, and Dylan, 18, who Clay says took centre stage in his life after he went through



Sally Hawkins, left, and Andrew Dice Clay star in the Woody Allen film, *Blue Jasmine*. The film will be released on July 26. CONTRIBUTED

Quoted

"My persona is one thing. Who I am off stage as a human being is really different."

Andrew Dice Clay

New book

Also scheduled for spring 2014 is his autobiography.

- **Book.** *The Filthy Truth*, from Simon & Schuster and co-authored by David Ritz, who's written books with Ray Charles and Don Rickles.

a divorce about a decade ago. Both boys are pursuing entertainment industry careers and, together, have a band called L.A. Rocks.

"I felt it was really more important to raise my sons properly than make career moves,"

Clay said.

"I did the clubs, did theatre, but didn't make any kind of moves to have this resurgence until they were old enough."

The *Diceman* as devoted dad?

"My persona is one thing. Who I am off stage as a human being is really different," said Clay. He's a relative newlywed, married three years to Valerie Vasquez, 29 ("I'm crazy about her"). Allen spotted him on *Entourage*, Clay said, leading to his role as a divorced blue-collar dad in *Blue Jasmine*, which has been singled out by some critics (*Variety* called him "an especially offbeat and rewarding casting choice").

THE ASSOCIATED PRESS

Thriller

The Wolverine

Director. James Mangold

Stars. Hugh Jackman, Rila Fukushima

This may be the sixth time Hugh Jackman has moussed up his pointy mane to play the eponymous comic-book character but this latest version shows *The Wolverine* still has claws. Summoned to Japan by a dying, rich old friend, Wolverine winds up protecting an heiress from deadly yakuza, a toxin-spitting mutant and a giant samurai robot. Ridiculous as that sounds, *The Wolverine*'s more crafty sequences help amplify the action's unravelling tone.

STEVE GOW

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THESE PAGES COVER MOVIE START TIMES FROM FRI., JULY 26 TO THURS., AUG. 1 TIMES ARE SUBJECT TO CHANGE.



The Conjuring. CONTRIBUTED

Mustang Drive-In -London
2551 Wilton Grove Rd.

The Conjuring (14A) Fri-Sat 11:20
Sun-Thu 9:20
Despicable Me 2 (G) Fri-Thu 9:25
Grown Ups 2 (PG) Fri-Thu 11:05
Red 2 (PG) Fri-Sat 9:20 Sun-Thu
11:15

Hyland Cinema
240 Wharnclyffe Road
South

Beyond the Hills (PG) Fri 9 Sat 2:40
Sun 12:30 Mon 2:55 Tue-Wed 9
Thu 2:35
The East (PG) Fri 2:55-6:50 Sat
12:30-5:25 Sun 4:55 Mon 5:40-9:30
Tue 12:30-6:50 Wed 12:30-4:20 Thu
12:30-9:20
Frances Ha (14A) Fri 5:05 Sat 5:25
Sun 3:15-9:30 Mon 7:50 Tue 5:05
Wed 2:40 Thu 7:45
Mud (PG) Fri 12:30 Sat 9:15 Sun
7:05 Mon 12:30 Tue 2:40 Wed 6:35
Thu 5:20

Rainbow Cinemas London
355 Wellington St.

The Conjuring (14A) No Passes Fri-
Thu 1:05-3:30-7:05-9:30
Despicable Me 2 (G) Fri-Thu 1:15-
3:40-7:15-9:30
Grown Ups 2 (PG) Fri-Thu 1:10-
3:35-7:20-9:40
The Heat (14A) Fri-Tue 3:45-9:45
Pacific Rim (PG) Fri-Tue 1-7
Red 2 (PG) Fri-Thu 1:25-3:55-6:55-
9:25
The Smurfs 2 (G) Wed-Thu 1-3:20-
7:10-9:45
Turbo (G) No Passes Fri-Thu 1:20-
3:25-7:25-9:35
The Wolverine (PG) No Passes Fri-
Thu 12:55-3:35-7-9:40

Western Film
Room 340, UCC Building,
Argo (14A) Fri-Thu 9:50

Now You See Me (PG) Fri-Thu 7
This Is the End (18A) Fri-Sun 9:20

Tue-Thu 9:20

Wellington 8 Cinemas
983 Wellington Rd. S,

2 Guns (STC) Thu 9:20
The Conjuring (14A) Fri-Sun
1:20-4:15-7:15-10:05 Mon-Thu 3:40-
7:15-10:05
Despicable Me 2 (G) Fri-Sun 12:30-
6:30 Mon-Thu 6:30
Despicable Me 2 3D (G) Fri-Sun
3:20-9:10 Mon-Thu 3:30-9:10
Grown Ups 2 (PG) Fri-Sun 12:40-
3:30-6:40-9:20 Mon-Wed 2:40-6:40-
9:20 Thu 2:40-6:40
R.I.P.D. (PG) Fri-Sun 1:30-7:20
Mon-Thu 7:20
R.I.P.D. 3D (PG) Fri-Sun 4:20-9:45
Mon-Thu 3:20-9:45
Red 2 (PG) Fri-Sun 12:50-3:50-6:50-
9:40 Mon-Thu 3-6:50-9:40
The Smurfs 2 (G) Wed-Thu 6:45
The Smurfs 2 3D (G) Wed-Thu
3:10-9:30
Turbo (G) Fri-Sun 1:10-6:45 Mon-
Tue 6:45
Turbo 3D (G) Fri-Sun 3:40-9:30
Mon-Tue 3:10-9:30
The Way Way Back (PG) Fri-Sun
1:15-4:10-7:10-9:50 Mon-Thu 2:50-
7:10-9:50
The Wolverine (PG) Fri-Sun 1
The Wolverine 3D (PG) Fri-Sun 4-7-
10 Mon-Thu 2:30-7-10

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mount & VIP Cinemas
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South

Andre Rieu Live in Maastricht 2013
(STC) Sun 12:45
The Conjuring (14A) Fri 2:20-5:10-
8-10:40 Sat 12:05-2:40-5:20-8-10:40
Sun 4:05-8-10:40 Mon-Thu 1:50-
4:40-7:30-10:15 Fri-Sat 3:45-10:30
Sun 3:45-10:25 Mon-Thu 3:55-10:25
Despicable Me 2 (G) Fri 12:30 Sat-
Sun 12 Mon-Tue 1 Wed 1:10 Thu 1
Despicable Me 2 3D (G) Fri 2:55-
5:20-7:45-10:20 Sat-Sun 2:25-4:50-
7:20-10:05 Mon-Thu 4-6:40-9:20

Grown Ups 2 (PG) Fri 2-4:40-7:15-
10:05 Sat-Sun 12:20-2:50-5:20-7:50-
10:25 Mon-Thu 1:40-4:50-7:40-10:25
Pacific Rim (PG) Fri 3:35 Sat-Sun
3:45 Mon-Thu 3:55
Pacific Rim 3D (PG) Fri 12:35-6:40-
9:45 Sat-Sun 12:40-6:50-10 Mon-
Thu 12:50-7-10:10
Red 2 (PG) Fri 1:20-4:10-7:05-
10 Sat-Sun 1:20-4:10-7:05-9:55
Mon-Tue 1:10-4:10-7:10-10:05 Wed
1-4:10-7:10-10:05 Thu 1:10-4:10-
7:10-10:05 Fri 1-6:40 Sat-Sun 12:55-
6:40 Mon-Thu 6:40
The To Do List (18A) Fri-Sun
1:50-4:45-7:40-10:05 Mon-Thu 4:45-
7:40-10:05
Turbo (G) Fri 12:40 Sat-Sun 12:15
Mon-Tue 1:30 Star & Strollers
Screening Wed 1 Thu 1:30
Turbo 3D (G) Fri 3:05-5:30-7:55-
10:25 Sat-Sun 2:40-5:10-7:40-10:15
Mon-Thu 4:30-7:10-9:40
The Wolverine (PG) No Passes Fri
12:50-3:45-6:50-9:55 No Passes Sat-
Sun 12:30-3:35-6:40-9:45 No Passes
Mon-Thu 12:45-3:45-6:50-9:55
The Wolverine 3D (PG) No Passes
Fri-Sun 1:30-4:30-7:30-10:30 No
Passes Mon-Thu 1:20-4:20-7:20-
10:20 No Passes Fri-Sun 1:20-4:15-
7:10-9:30 No Passes Mon-Thu
4:15-7:10-9:30

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2 Guns (STC) Thu 9:30
African Cats (STC) Wed 11
Andre Rieu Live in Maastricht 2013
(STC) Sun 12:45
The Conjuring (14A) Fri-Tue 1:40-
4:30-7:15-10:05 Wed 1:40-4:25-6:55-
10:05 Thu 1:40-4:25-7:15-10:05
Despicable Me 2 (G) Fri-Sun 12:35
Mon-Tue 1:10 Wed-Thu 12:10 Sat
11:30
Despicable Me 2 3D (G) Fri-Sun
2:55-5:15-7:35-10:10 Mon-Tue
3:40-6:55-9:20 Wed-Thu 2:40-5:05-
7:35-9:55
Fight Club (R) Mon 7 Wed 9:30
Grown Ups 2 (PG) Fri-Sat 12:30-3-

5:30-8:05-10:45 Sun 12:30-3-5:30-
8-10:30 Mon 1:15-4:15-7:25-10:05
Tue 1:15-4:15-7:25-10:10 Wed-Thu
1:15-4:15-7:05-10:10
The Heat (14A) Fri 1-4:40-7:30-
10:15 Sat 11:20-2:05-4:40-7:30-10:15
Sun-Tue 1-4:40-7:30-10:15 Wed
12:40-3:30-7:25 Thu 12:40-3:30-6:50
Little Shop of Horrors (STC) Sat
12:45
The Lone Ranger (PG) Fri-Thu
10:20
Monsters University (G) Fri-Sun
12:45-3:05-5:25-7:50 Mon-Tue
1:45-4:25-7:50 Wed-Thu 12:30-2:50-
5:15-7:50
Moulin Rouge (PG) Thu 7
Pacific Rim: An IMAX 3D Experi-
ence (PG) Fri-Thu 1:30-4:20-7:20-
10:30
R.I.P.D. 3D (PG) Fri-Sat 12:40-3:10-
5:40-8:10-10:35 Sun 12:40-3:10-5:40-
8:10-10:40 Mon-Thu 1:05-3:20-5:40-
8:10-10:40
Red 2 (PG) Fri-Tue 2-4:55-7:55-
10:35 Wed 4:55-7:55-10:35 Thu
1-3:55-10:35 Star & Strollers Screen-
ing Wed 1
Sinbad: Legend of the Seven Seas
(G) Sat 11
The Smurfs 2 (G) No Passes Wed-
Thu 12
The Smurfs 2 3D (G) No Passes
Wed-Thu 2:35-5:10-7:45-10:20
Turbo (G) Fri-Sun 12:30 Mon-Tue
1:20 Wed-Thu 12:20
Turbo 3D (G) Fri-Sun 2:50-5:10-
7:30-9:55 Mon-Tue 3:50-7:05-9:30
Wed-Thu 2:30-5-7:10-9:30
The Wolverine (PG) No Passes Fri-
Sat 1:10-4:15-7:25-10:25 No Passes
Sun 12:55-4-7-10 No Passes Mon-
Thu 1-4-7-10
The Wolverine 3D (PG) No Passes
Fri 2:10-5:05-8-10:55 No Passes Sat
11:15-2:10-5:05-8-10:55 No Passes
Sun-Thu 1:55-4:50-7:45-10:40
World War Z 3D (14A) Fri 2:05-
5-7:55-10:50 Sat 5-7:55-10:50 Sun
5-7:40-10:25 Mon 1:25-4:05-10:25
Tue 2:05-5-7:40-10:25

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TV. Nothing's more awesome than superheroes



The Awesomes is Hulu's first original series. CONTRIBUTED

Seth Meyers and Michael Shoemaker first began plotting The Awesomes, their new comic animated superhero series, in 2006, when Meyers was ascending to the Weekend Update desk at Saturday Night Live.

"Time-wise, this was a way better idea in 2006," says Meyers, adding that he wasn't too busy that summer.

"I couldn't get arrested in 2006."

The summer of 2013, however, is an entirely different matter. Meyers is preparing to take over NBC's Late Night early next year, leaving Saturday Night Live after the fall. (Soon thereafter, current Late Night host Jimmy Fallon will inherit the Tonight Show.) Shoemaker, who oversaw Weekend Update at SNL before leaving to produce Late Night with Fallon, is staying on to make the show with Meyers.

So the timing for the long-gestating The Awesomes, which will debut on Hulu on Aug. 1, arrives awkwardly in the midst of the biggest transition of Meyers' burgeoning career, a dive into the frenzy of late-night television. Asked in a joint interview how The Awesomes is fitting into their lives now, Shoemaker responds quickly: "Oh, not very well."

"Mike and I always said The Awesomes was our way to make

Hulu original

- Hulu — which is co-owned by the Walt Disney Co., 20th Century Fox and NBCUniversal — has promoted The Awesomes as one of its marquee original series.
- The show was hyped recently at Comic-Con in San Diego, and Hulu has hopes that it will rival some of the high-profile original offerings from Netflix.

sure we got to work together after SNL," says Meyers. "If we had any idea about Late Night ..."

"We wouldn't have bothered," chimes Shoemaker.

They kept at it, though, because the series is something of a labour of love, Meyers says. He and Shoemaker first met in 2001 when Meyers was hired as a cast member on SNL, where Shoemaker started in 1990. The two bonded in midtown trips to the comic book store, eventually coming up with the idea for their own funny, skewed gang of superheroes. After a brain-storming flurry, though, the idea receded behind the weekly demands of SNL.

THE ASSOCIATED PRESS

The man behind the Sharknado masterpiece

#Sharknado. OK, the movie might not win best picture, but it became a campy classic thanks in part to writer Thunder Levin

ALEXANDRA CAVALLIO

Metro World News in New York City

If you have a television and a Twitter account, and you're not aware of the bizarre phenomenon that is Sharknado, then we can only imagine that you were in a temporary coma when the movie premiered on Syfy last week.

For those of you who have only recently re-joined the waking world (welcome back!) here's a quick primer: Sharknado is a movie about a freak tropical storm that somehow sucks man-eating sharks out of the ocean, whipping them into a cyclone of dead eyes and sharp teeth, and depositing them in downtown Los Angeles. Sharks, in a tornado. That's about the extent of it — it is somewhat brilliant in its absurd (so absurd) simplicity.

When Sharknado premiered, people lost their freaking minds. Twitter almost imploded, with #Sharknado generating about 5,000 tweets per minute over the course of a few hours. Because, dudes, Sharknado. We caught up with the man who wrote the damn thing, Thunder Levin, to ask, a few pertinent questions.

OK, how the hell did you come up with the idea for a movie ... about sharks ... in a tornado. Take me through the



Ian Ziering, second left, and Cassie Scerbo battle a shark in the Syfy original film Sharknado. The network is announcing a sequel to Sharknado, which became an instant campy classic. The new film premieres in 2014. CONTRIBUTED

process.

I'm sorry to say the initial idea didn't come from me. I had been involved with a couple of films for The Asylum (the company that produces a lot of the Syfy movies) and they came to me and asked me to write a movie for them called Shark Storm, but it was going to be a fairly straight disaster movie and it didn't really interest me. Then, about a month later, they came back and asked me to write something called Sharknado. At least that's what I thought they said. I couldn't understand why the North Atlantic Treaty Organization would be battling sharks. But they explained, "No, Sharknado. As in a tornado filled with sharks!" They gave me a

half page of notes and I said, "This is the most ridiculous thing I've ever heard of and, as long as I can write it that way, I'm in!" The concept came to them from Syfy, who apparently had received a pitch with that title from Anthony Ferrante. So the whole thing came full circle when I, in perhaps my dumbest career move ever, withdrew from directing the film and Anthony was hired to make it.

Did you have any idea the kind of phenomenon this thing would be?

Of course not. Who could have imagined all this?! I thought it would be a fun movie that people would have fun with. And once I saw the poster and

tagline last November, and realized that the marketing of the film would tap into the same sense of fun I'd tried to put in the script, I thought we had a good chance to do fairly well. But I don't think anyone could have predicted the explosion that occurred. It's just been unbelievable.

Did you see Snakes on a Plane? All the Sharknado buzz reminds me of when that movie first came out.

EXACTLY! I was at opening night of Snakes on a Plane and it was like a party in the theatre. People were yelling out lines of dialogue and talking to the characters and throwing popcorn at the screen! It was one of the best experiences I've had in a movie theatre (even though I usually hate it when people talk during a movie!). And I think what happened last Thursday night with Sharknado was the Internet equivalent of that.

Were you following #Sharknado on Twitter when the movie premiered? People were losing it.

Yes, I was part of the live tweet that the Asylum had scheduled with some of the people behind the movie. The organized tweetcast got completely overwhelmed by the huge public response. I'd look down to type a tweet and by the time I looked back up at the screen a couple of seconds later another 200 tweets would have come in. It was crazy.

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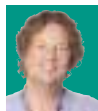
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What the Internet washed up



SOUND CHECK
Alan Cross
scene@metronews.ca

Ancient Radiohead, Sirvana and The Groupies resurfaced on the web this week



Lemming Trail/ Radiohead

In 1986, a new Oxford, U.K., band called On a Friday issued a nine-track demo cassette. Now that band is called Radiohead, and a copy of the cassette is expected to fetch big bucks at an auction in September.



Get Back/ Sirvana

When Paul McCartney played Seattle last week, he invited some special guests to the stage: Dave Grohl, Krist Novoselic and former Nirvana sideman Pat Smear. You call this Nirvana reunion "Sirvana," apparently. Magic.



The Groupies/ Er, some groupies

In 1969, a record featuring nothing but interviews with woman interested in sleeping with rock stars hit the stores. Fascinating cultural anthropology.

Gomez won't give press the reaction they crave

New album. In addition to declining to talk about Bieber, pop star won't rule out whether this will be her last musical effort



Selena Gomez. GETTY IMAGES

While her on-again, off-again beau Justin Bieber has made a sport of angrily antagonizing the ever-present paparazzi, Selena Gomez rarely seems in danger of losing her poise amid the prying gaze of tabloid photographers.

But it's not because she condones their behaviour.

"I don't really want to give them what they want, you know?" the 21-year-old singer with the long, dark chocolate locks said in a recent interview. "I don't agree with it (and) I don't like it. I want to go to the grocery store and hang out with my friends at the movies and not be bothered by grown men with cam-

eras — that's awkward. star always seemed especially calm in contrast to Bieber's perpetual storm — not that she'd talk about that, of course. Journalists were strictly forbidden from mentioning the Stratford, Ont., pop star's name in the interview, a point mentioned several times then punctuated by the hulking body guard positioned by the hotel-room door.

Gomez, we're told, only wants to talk about Stars Dance, her fourth album overall and first without the backing band the Scene. And potentially her last.

She's not discounting a return to recording in the future, but seems more intrigued by her future as an actress.

"This (music) industry's so fickle, you can't trust it — one day you're good, the next day you're gone. So that's the tricky part," she said. "I've been telling people that this might be my last record for a while." **THE CANADIAN PRESS**

eras — that's awkward.

"But at the same time, it's a part of what I have to do and I have to sacrifice that, I guess. I just try to keep my head down because I know exactly what they want. They want a reaction and I don't want to give it to them."

Indeed, the Disney-reared

Putting the Train back on tracks

Music. Calling all angels (and mermaids) — Train is back on the touring rails promoting their sixth studio album

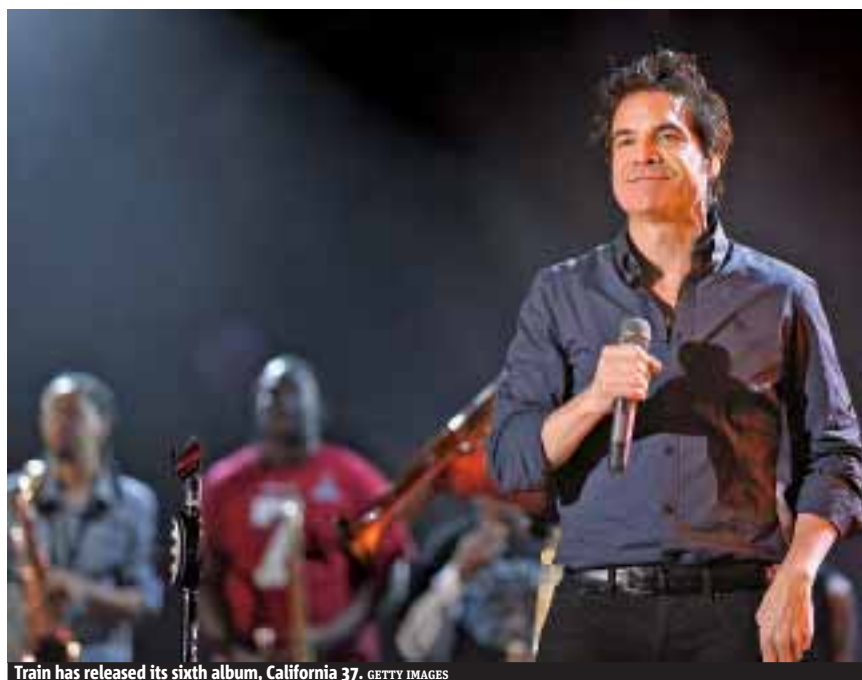
MEREDITH ENGEL

Metro World News

When we spoke to Pat Monahan, the lead singer of Train, he was in Chicago, getting ready to depart for New York — by tour bus, unfortunately, not train — as part of a tour in support of its sixth studio album, California 37. We hitched a ride on Monahan's train of thought.

There must be nothing like playing Jones Beach in the summer.

This is one of the highlights of our career. The whole Long Island area — my friend Theresa Caputo, who is the Long Island Medium, those are, like, my people. Those are the people I feel most connected with.



Train has released its sixth album, California 37. GETTY IMAGES

Wait, the Long Island Medium is your friend?

Yeah. My daughter was (one day) like, "I gotta watch my show, Dad, I gotta hang up." I was like, "You're too young

to have a show." She told me what it was, and I found it on YouTube and cried for about four hours watching it. ... (Caputo) came to see us in Central Park last summer,

and we've become friends since then.

We hear fans have been dressing the part for your Mermaids of Alcatraz tour.

Wine guys

They also have their own wine label. Pat Monahan talked about why.

- Quote.** "Being from San Francisco, we thought, 'How can we bring San Francisco to people that don't get to go there?' We thought, 'Let's start by

bringing some of the best (wine) San Francisco has to offer, and then let's give the money to an awesome place.' We chose a really cool charity in San Francisco called Family House. I think the favourite right now is called Soul Sister — that's our pinot."

People are just having a lot of fun with it.

I remember reading a tweet like two months ago and this guy was like, "You're telling your fans to dress up as mermaids? Dude, you've really sold out." And my response was, "Dude, we sold out 15 years ago." (Laughs). Because it's just like, who cares? If you don't want to have fun with us then don't come.

You recently said that this is the happiest you've been on tour.

Yeah, it is. Last summer, I was struggling with losing my voice, and my father had just passed away prior to the tour, and I hadn't really

had a break in many years, so I started the tour kinda depressed. ... A few months ago, a chiropractor read my chart. ... He said at our age, our adrenal gland is basically depleted, and our adrenal gland is what handles stress. So, here I am, I lost my dad, and that was like the straw that broke the whole back, I guess. I didn't know where to put my stress so it all started to go to my vocal chords.

So he put me on a supplement to help kick start my adrenal gland, and gave me an adjustment, and I have not had vocal problems since.

That's part of the joy — I don't have to come out and worry if I can sing.

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Miranda Kerr

Kerr lets us know what's afoot with husband Bloom

Maybe Miranda Kerr didn't mean to divulge so much intimate information about husband Orlando Bloom, or maybe it was a matter of poor word choice. Either way, the Lord of the Rings star is likely blushing. While telling Into the Gloss about what sorts of beauty essentials she keeps in her bag, Kerr revealed, "I'm really a freak about my nails. Orlando and I share a nail thing — he has a bit of a foot fetish." Duly noted.



Amanda Bynes ALL IMAGES GETTY

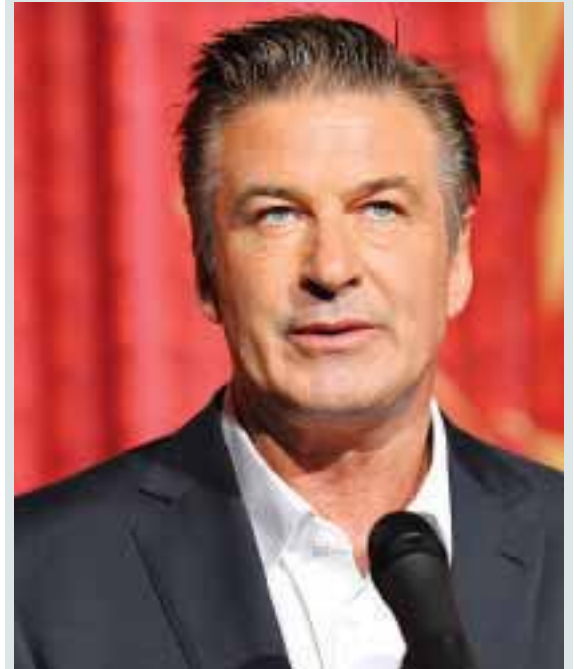
Bynes' folks aim to save her from herself

Amanda Bynes' parents, Rick and Lynn Bynes, are heading to court to request a temporary conservatorship of their troubled daughter, according to Radar Online. "Her parents will both be petitioning to be the temporary proposed conservators and want control of her personal and financial affairs," a source says, adding that Rick and Lynn "are hopeful that the judge will take into consideration that she tried to start a fire in a stranger's driveway and burned her pants in the process. She needs long-term mental health help."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Bristling Baldwin gives shamed Weiner a hard time

Alec Baldwin is no Anthony Weiner fan. The former 30 Rock Star is calling for the scandal-prone New York City mayoral candidate to withdraw from the race after it was revealed Weiner resumed his habit of sexually explicit online

conversations with women other than his wife after a similar scandal forced him to resign from Congress in 2011. "Weiner has only one problem that disqualifies him from the race and that is that he is clearly addicted to reckless behaviour," Baldwin writes in an opinion piece for the Huffington Post. "Weiner should quit, walk away, let some time wash over his reversals and re-emerge, another day, to attempt some future race for public office."

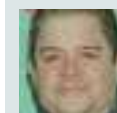


Twitter



@TomArnold

The fact that you keep writing me to help because @therealroseanne blocked you indicates to me that you were blocked for stupidity.



@pattonoswalt

"I started playing D&D as a fighter, then switched to thief, and then to druid..." — from my unsold AMC pilot, BREAKING BARD



@JasonAlexander

So honored that the future King of England will bear the proud and noble name of "George". Serenity Now!

metro

Your Neighbourhood

BYRON

Weekend, July 26-28, 2013

A catalyst for growth

JASON MENARD
For Metro

With 200 years of history, the Byron community is mature in every sense of the word — and that maturity makes it attractive for both business and residents alike.

"It's a great community that's very upscale," said Ward 9 Coun. Dale Henderson, whose riding includes Byron. "It's a wonderful place to raise kids and it's a great

place to retire. I've cut six or seven ribbon openings in the last year and almost everyone said this is the biggest and best opening in (their) whole line of stores.

"The attitude is almost, 'Why wasn't I here before?'"

As of 2006, Byron was a community of a little more than 14,500 residents in an area bordered by the Thames River to the south, Oakridge Park to the north, Colonel Talbot Road to the west, and the Byron Gravel Pit to the east.

Settled in 1800, Byron became a village in 1804. It was annexed by the City of London in 1961, and Henderson said the area is growing and becoming more diverse.

"It's getting to be a bit like Toronto. There are parts of Toronto that you go to and it's completely an Italian neighbourhood. We're starting to see that throughout London, that there are lots of areas

developing their own strong communities — Spanish is getting to be a really big community.

"We're growing ethnic diversity in Byron — starting communities and serving as a catalyst for growth."

From 2001 to 2006, the immigrant population increased by more than 30 per cent and the population of visible minorities increased by more

than 50 per cent.

Often known as a retirement community, Byron is getting younger. From 2001 to 2006, the 20- to 44-year-old population increased by 11 per cent; the 45-64 age range increased by 20 per cent, but those of retirement age and older dropped by two per cent.

But, Henderson explained, there is still room to improve.

"What I'd like to see is a little more bus service. The system was set up in 1958 and there are 13 routes that go to Dundas and Richmond. Now I think it's time we look at the other areas.

"We can create different hubs for people to go. We have to have it sized for where we're going and where we're growing. It's a personal project of mine."



From Snake Hill to the top of Boler Mountain, Byron's ups and downs are a veritable nirvana for cyclists far and wide. JASON MENARD/FOR METRO



Boler Mountain's Treetop Adventure Park opened earlier this summer. JASON MENARD/FOR METRO

Adventure. Hanging around Boler Mountain

Byron's Boler Mountain has long been known for its trails — both ski and bike. But now the not-for-profit community organization is inviting those looking for fun to enjoy the action a little higher up.

This summer marks the opening of Boler Mountain's Treetop Adventure Park. There are currently five courses, ranging from beginner to advanced, as well as a full zipline course. The sixth, the 900-foot "Big Zip Finish"

zipline course, will open later this summer.

"I always say that if I can do it, then anyone can do it," said Anna May Cooke, manager of customer service for Boler Mountain. "Although if you have a fear of heights it may not be the best activity for you."

The park opened to the public in early July. Construction was completed in early spring, and following staffing, training, and insurance, the doors are now open for

people to take to the skies.

"The people that have actually participated in the courses have had nothing but positive comments," Cooke said. "You can be 30 to 40 feet off the ground in the canopy of the trees."

"It's fabulous, just so picturesque."

In addition to individuals, Cooke said a number of organizations and businesses have booked sessions at the park.

"Some businesses use this

as a corporate team-building event."

The adventure park is just another way for people to enjoy the Boler Mountain experience, Cooke said. A new playground is going to be built shortly. And people can access fitness trails, either on a pay-per-use basis or with a seasonal membership.

"We had a few people, most of whom were members in the winter season, who liked to use the trails to exercise," she said. "So

we decided to expand it and make clearly marked specific trails.

"That way they won't interfere with mountain biking or the adventure park."

May added that people representing all activity levels attend the park. Some are just casual walkers, others are training for Tough Mudder-like competitions.

"It just made sense to use the property and not just close down after the winter season." JASON MENARD

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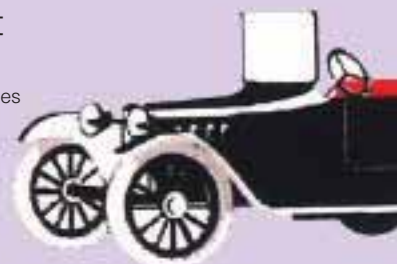
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Storybook Gardens. Where nursery rhymes come to life

In a world where kids are glued to screens, Storybook Gardens can seem like a quaint throwback to a more gentle time. But by embracing its past and looking to the future, the Springbank Park facility is delighting fans both young and old.

"We've been voted as the best local attraction two years in a row," said Storybook Gardens manager John Riddell. "We've continued to build and continued to add new features based on the public input we've had and the things they've told us to improve."

"And we've been told to maintain the storybook theme. Even if the children don't fully recognize the nursery rhyme theme, their parents and grandparents value those themes and appreciate the opportunity (to share) the stories with them."

Opened in 1958, Storybook Gardens is a nursery rhyme-themed park with rides, games, and play areas. From Old MacDonald's Farm to summertime splash pads, approximately 3,000 people obtain



On peak days, Storybook Gardens can attract up to 2,500 visitors.
JASON MENARD/FOR METRO

annual memberships. On peak days, the park can attract up to 2,500 visitors. It's targeted towards kids from toddlers to 10-year-olds.

While some of the attractions have been there for decades, Riddell said Storybook Gardens is constantly working to ensure it meets the needs of today's children.

"We've had some pieces since the early '60s — the par-

ents and grandparents remember some of the exhibits. We try to keep up with the times, but kids today are different though. They're pretty active so the park now has a lot of active-play areas.

"We look to provide an overall experience that focuses on a high-quality play-themed playground for gross motor skills, a play village for social and pretend play, and sand and water for construction play."

Last year was challenging for Storybook Gardens, Riddell said. The park closed its zoo and three seals perished in a transfer to a U.S.-based zoo. Despite those circumstances, Riddell said he was pleased with the response from visitors.

"Last year was certainly a difficult transition. It hit a lot of people really hard. It was a difficult summer and there were a lot of emotions. We did some intercept surveys. We spoke with about 3,500 different families — what could we do and what could we add?"

"The response was overwhelmingly positive."

JASON MENARD



Moe Saeed, the man behind Murree Flowers, is the self-professed 'Mayor of Byron.' JASON MENARD/FOR METRO

The 'Mayor of Byron'

JASON
MENARD
For Metro

While late actor Al Waxman may lay claim to the King of Kensington title in Toronto, those searching for the "Mayor of Byron" need look no further than a flower shop on Commissioners Road.

"My father's the self-professed Mayor of Byron," Aisha Mahmood said of her father, Moe Saeed, the man behind Murree Flowers. "He says, '(London Mayor) Joe (Fontana), you can have the other side of the river, but Byron's mine.'"

Saeed has claimed that title for more than 25 years and that's just part of a Murree

Flowers business legacy that extends more than 40 years — approximately 30 of which have taken place in Byron.

"Byron is like a small community — it's a little village," Mahmood said. "The merchants all support each other."

She has seen the business change over the years.

"I'm (Saeed's) much younger daughter. I've been here more than 10 years, but less than 50," she added with a laugh.

"Much more of our business is done online, but even if we never see the customer we believe in treating every customer as if we met them personally."

Mahmood added the Byron

area has experienced a renewal, with young families moving in. That's reflected in the business they do, ranging from births to funerals, celebrations, graduations, anniversaries, and birthdays. The flower business has its ups and downs, but Mahmood feels the industry will remain strong for the long haul.

"While the trend in funerals now is donations and one-day visitations, flowers are still very therapeutic to both receive and give," she said. "They mean more than words can express."

"When it comes to the perishable industry, there's no room for it to die — you just can't live without them."

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Liquid Assets

Past Portugal's fortified sips



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Portugal's reputation as the world's premier fortified winemaker hasn't done it any favours when it comes to

promoting its other wines.

Port is polarizing, and I've been asked more than once if all Portuguese wines have spirit added.

The country has been making non-fortified reds, whites, rosés and sparklings for centuries. None see a drop of spirit and all would get a lot more attention if it wasn't for their Spanish neighbours hogging all the Iberian Peninsula limelight.

Like all warmer climate countries, Portugal knows its way around a refreshing wine and Vinho Verde (or green wine) is its classic warm weather white. Though the northern region that shares its name makes other colours, it's the chillable white version that the locals reach for when temperatures rise.

Made from an eclectic blend of indigenous fruit, the Gazela Vinho Verde (\$8.30 to

\$12.49) is a relaxed, citrusy thirst-quencher with a light lemony body, forward acidity and a zesty hint of fizz.

Served well chilled, or even over ice, it works amazingly well with summery dishes like barbecued chicken, shellfish and salads as well as fresh fruit and creamy goat cheese.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



The anatomy of grilled cheese

When you were a child, you thought like a child: grilled cheese sandwiches were made from slices of Velveeta melted between slices of skillet-toasted white bread. Now that you are an adult, it's time to update the sandwich for a more grown-up palate.

THE ASSOCIATED PRESS/ W. WAYT GIBBS, EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD

Bread

Begin by using better bread. In place of the squishy white stuff, try something with more substance: thickly-cut slabs of flavourful sourdough, sweet brioche or crunchy baguette.

Goeyness

Next, add some interesting texture or flavours to the filling. Thin slices of sweet apple and spicy jalapenos complement sourdough slices nicely. The brioche makes a delicious and filling breakfast or brunch when stuffed with sliced ham, sautéed mushrooms and a fried egg. A baguette yields a bruschetta-like grilled cheese sandwich when dressed with fresh basil leaves, pesto and tomato confit.

Texture

You can use the fanciest, stinkiest, crumbliest cheese your heart desires if you borrow a trick from the food scientists at Kraft. Flip over a box of Velveeta and you'll find, among the other ingredients, the reason it melts so uniformly: sodium citrate. This white, crystalline ingredient is a salt of citric acid. You can buy sodium citrate at some brewer supply stores or order it online. Just dissolve 11 grams of sodium citrate into 1 1/8 cups (265 mm) of milk or water over medium heat, bring to a simmer, and gradually whisk in 285 grams of finely grated cheese (3 to 4 cups). As the cheese melts, the sodium citrate serves as an emulsifier and prevents the fat from splitting off to form a greasy slick on top. If possible, weigh the cheese because volumes can vary with the kind of cheese and fineness of grating.



Aged White Cheddar on Sourdough with Apples

For the cheese slices:

- 3 tsp (14 g) sodium citrate
- 1/2 cup (115 mm) water
- 6 cups (380 g) aged white cheddar cheese, grated

For the sandwich:

- 8 slices sourdough bread, 1/2 inch thick
- 8 very thin slices apple
- 3 tbsp (30 g) thinly sliced jalapenos

Lightly oil a baking sheet and heat it in an oven set to its lower temperature.

In saucepan over medium heat, dissolve sodium citrate in water, then bring to simmer. Add grated cheese to simmering water a handful at a time while whisking until all of the cheese is completely melted.

Pour the melted cheese onto the warmed baking sheet. Tip the sheet back and forth to form a single layer of even thickness. Cover the cheese layer with plastic wrap, and place it in the refrigerator until set, about 2 hours. Slice the cheese into pieces sized to fit your bread slices.

When ready to prepare the sandwiches, heat a large, heavy skillet over medium. Alternatively, heat a sandwich grill or panini press.

Butter the outward-facing sides of each bread slice, assemble the sandwiches, each with a slice of cheese, a slice of apple and a bit of the jalapenos. Add a sandwich to the skillet and pan-fry until the bread is golden brown and the cheese is melted, 2 to 3 minutes per side. Repeat with remaining sandwiches.

3 LIFE

This is what real mothers look like

Mummy-tummy. Kate applauded for not hiding post-childbirth silhouette

As Kate and William showed off the royal baby, what caught the eye of many women was not the new heir to the throne but the Duchess of Cambridge's post-childbirth silhouette: that little bump under her pretty polka-dot dress.

"I love that she came out and there was a mommy tummy. It was there! We all saw it!" said Lyss Stern of New York City, who remembers turning down offers of a girdle and diet pills after her first child was born nine years ago.

Stern, whose company Diva-moms.com organizes events and product launches, added that Kate was sending "the right message," in stark contrast to Hollywood celebrities who are shown "three weeks after childbirth with a flat stomach and G-string bikini. That's not real."

Even those who make a living getting new moms into shape applauded Kate. "I'm

thrilled that she went out there like that, because we never see real mommy tummies," said Helene Byrne, a personal trainer in Oakland, Calif., who specializes in pre- and post-natal exercise. "When you see a magazine or photos of new celebrity moms, they're Photoshopped. They're fake! They're a big lie!"

The Daily Beast even ran a headline saying Kate's "unabashed baby belly busts the last taboo of pregnancy." Indeed, most celebrity new moms don't have their pictures taken until their tummies are flat again. And while the stars usually credit diet and exercise with making their bodies bikini-ready so fast, gossip and plastic surgeons often cite something else: the popular procedure known as a tummy tuck.

People magazine has an entire online archive devoted to "Body After Baby: Celebrity moms show off shockingly svelt figures after giving birth," but the magazine declined to comment Wednesday on the example set by Kate. Meanwhile, the summer's other celebrity mom, Kim Kardashian, has yet to be seen in public. Us Weekly reported that she won't leave

the house until she's ready to "debut her post-baby body."

Nobody can say whether Kate consciously chose to send a message that this is what new mothers really look like, or whether she didn't realize — or didn't care — how obvious her tummy would be. Either way, she un-self-consciously handed the baby off to her husband rather than using the newborn to camouflage her figure from the cameras and crowds when she emerged from the hospital Tuesday. And her form-draping dress was a contrast to the caftan-like outfit that hid Princess Diana's figure when she appeared publicly for the first time after giving birth to Will in 1982.

Nancy Manister, who worked for 20 years as a maternity nurse and now teaches at Fairfield University in Connecticut, even noticed a moment during the photo op when Kate "clasped her hands together underneath the belly, and I thought, 'She's not trying to hide it.'" As for anxious new moms wondering when that bump will go away, Manister says, "it takes six weeks to lose 25 pounds, and a full year" to get your old body back.

THE ASSOCIATED PRESS



Prince William and Kate, Duchess of Cambridge, hold the Prince of Cambridge on Tuesday as they pose for photographers outside St. Mary's Hospital in London. JOEL RYAN/THE ASSOCIATED PRESS

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Steele-ing the show early at Canadian Open

Golf. Field can't catch up to leader after he posts a 7-under 65 in morning round

Even though half the field had yet to play on Thursday, the first round of the 2013 RBC Canadian Open was largely decided by noon.

Brendan Steele held on to his early clubhouse lead to win the first round of the Canadian Open after shooting a 7-under 65, with no golfer in the afternoon group-up able to crack the top five of the \$5.6-million PGA Tour event in Oakville.

Joe Affrunti came closest. His 4-under 68 performance tied him for seventh.

"Today was probably the most complete round that I've had all year, so that was kind of nice," said Steele. "Didn't miss many greens, didn't hit many shots off line, and I was able to roll a few putts in."

The 30-year-old Steele played consistent golf over

Canadian content

Here's how the Canucks scored in the opening round.

• Brad Fritsch	-3 69
• David Hearn	-2 70
• Corey Conners	-1 71
• Roger Sloan	-1 71
• Graham DeLaet	E 72
• Mike Weir	+2 74
• Eric Banks	+2 74
• Stephen Ames	+2 74
• Peter Laws	+2 74
• Mackenzie Hughes	+2 74
• Riley Wheeldon	+3 75
• Eugene Wong	+3 75
• Adam Svensson	+4 76
• Kevin Carrigan	+5 77
• Albin Choi	+5 77
• Bryn Parry	+5 77
• Adam Hadwin	+6 78
• Brian Hadley	+7 79

the par-72, 7,253-yard Glen Abbey Golf Course, only bogeying the par-4 ninth hole. Steele had eight birdies, five on the front nine alone.

Scott Gardiner, Matt Kuchar and Scott Brown all tied for second, one shot off the pace.

Gardiner was tied for first after a birdie on the par-3 15th hole, but he bogeyed on the next hole to drop back into a tie with Kuchar and Brown.

"Actually, didn't hit that bad a drive on 16, and went left and got stuck behind a tree and had to lay up," said Gardiner. "And then I hit a pretty good (shot), I missed a four foot putt. That was a struggle, but the rest of the shots I was fairly happy with. But then a couple of the tee shots there on the last."

Ottawa's Brad Fritsch was the top Canadian after a 3-under 69 performance. He birdied his final three holes to pass David Hearn of Brantford, Ont., on the leaderboard. Hearn finished 2 under.

"I think I hit less than 50 per cent of the fairways, but I think that's just the nature of this golf course," said Fritsch. "I looked like I got some horrendous bounces. When I was expecting one way, it went the other, and that led to a little bit of frustration. But I stayed patient."

THE CANADIAN PRESS



Brendan Steele, of the United States, chips onto the ninth green during the first round of the Canadian Open on Thursday. FRANK GUNN/THE CANADIAN PRESS

Leafs sign Nonis to 5-year extension



Dave Nonis THE CANADIAN PRESS FILE

These Toronto Maple Leafs were built in Brian Burke's image of truculence and grit. Six months after taking over as general manager, Dave Nonis hasn't drastically overhauled the roster.

But the moves he has made so far were enough to earn Nonis a five-year contract extension that gives him some long-term security.

"We all know that there's no short-term fixes in professional sports," Nonis said in a radio interview on Sportsnet 590. "If you're thinking short term you're probably going to do long-term damage."

That's the directive to Nonis and Toronto Raptors GM Masai Ujiri by Maple Leafs Sports & Entertainment president and CEO Tim Leiweke, who was with the

Los Angeles Kings when they won their first Stanley Cup in franchise history. Leiweke's message has been about the future, and in extending Nonis he gave the 47-year-old the keys to the kingdom.

In announcing the extension, Leiweke said ownership and management "felt it critical" to extend Nonis's deal now as a reward for the team's

progress.

"This extension will allow David the time to build his kind of team to produce steady results, year after year," he said in a statement. "Everyone is excited about his ability and grasp of the NHL landscape and today's new contract agreement will offer the Leafs consistency and a long-term vision."

THE CANADIAN PRESS

MLB

Peavy wins battle of ex-Cy Youngs

Jake Peavy pitched into the eighth inning and the Chicago White Sox beat Justin Verlander and Detroit 7-4 Thursday as the Tigers again played minus Miguel Cabrera. Cabrera missed his third straight game because of an injured left hip flexor.

The AL MVP left in the middle of Monday's game.

Torii Hunter homered for the third time in the series. But the Tigers outfielder exited in the eighth and is day to day with a sore left Achilles.

Peavy (8-4) allowed four runs and four hits, three of them homers, while striking out seven in the matchup of former Cy Young winners.

THE ASSOCIATED PRESS

MLB

Morrow diagnosed with nerve damage

Brandon Morrow's season is effectively over after the Toronto Blue Jays starter was diagnosed with a nerve injury in his right forearm.

Morrow has an entrapped radial nerve that will keep him from throwing for the next six weeks. Renowned

orthopedic surgeon Dr. James Andrews made the diagnosis, which the team announced Thursday.

Morrow had been throwing side sessions while rehabbing in Dunedin, Fla., but Andrews prescribed six weeks off. That would take the 28-year-old to September, when it would be difficult for him to get ramped back up for big-league action. THE CANADIAN PRESS

Pats trying to move on



Patriots QB Tom Brady says he hopes his team won't be affected by the attention former teammate Aaron Hernandez is getting for his arrest on a murder charge.

"The fate of our season is going to be determined by the guys in the locker-room."

4-SPORTS

Horoscopes

Aries

March 21 - April 20

Take care of your health today because you could easily overdo it. That applies to social activities, especially. By all means have fun but respect your limits. Yes, you do have them, just like everyone else.

Taurus

April 21 - May 21

Why are you afraid to ask for advice? Maybe it's because you fear you will be told the one thing you don't want to hear. The point is it's the one thing you most need to hear.

Gemini

May 22 - June 21

Even Geminis have days when their emotions get the better of them and this may be one for you. Whatever others may say or do, you are advised to take none of it seriously.

Cancer

June 22 - July 23

You may be flattered by someone's attention but are they being sincere? According to the planets, they may be buttering you up because there is something they want from you. Find out what it is.

Leo

July 24 - Aug. 23

There is one more obstacle you need to find a way past before you are free to chart a new course. It does not matter how you deal with it so long as you make a choice and stick to it.

Virgo

Aug. 24 - Sept. 23

Try not to come on too strong, either in your personal life or at work, because people may take it the wrong way. You know how much you hate being told what to do. Well, they feel that way too.

Libra

Sept. 24 - Oct. 23

You may wish that someone would be more careful about the company they keep but you must not be too forceful about it. If you insist they steer clear, they will most likely do the opposite just to spite you.

Scorpio

Oct. 24 - Nov. 22

No one is following you and no one is planning to trip you up. So why do you feel this way? Maybe it's just your guilty conscience — again.

Sagittarius

Nov. 23 - Dec. 21

Sometimes you can impose your will on others but it won't be so easy today. In fact, the more you try to tell others what to do, the more they will do something different.

Capricorn

Dec. 22 - Jan. 20

You may be tempted to disappear for a while, to leave the mad world behind you, but the planets say you should stay right where you are and do something decisive. Running never solves any problem.

Aquarius

Jan. 21 - Feb. 19

Do something practical to help a friend in need but draw the line at giving them money. They may mean it when they promise to pay you back soon but the planets warn they may not be able to.

Pisces

Feb. 20 - March 20

A friend is feeling low and needs some kind words. Who better than Pisces to say the right things? Remind them why life is always worth living — and while you're at it remind yourself. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Be at the beach
5. Atkins = Low-___ diet
9. Famed NYC music club
13. Lima's land
14. Work at a wedding reception
15. Seed covering
16. Actress Ms. Arden's
17. O2 ___ (Venue in London, England)
18. Network of nerves
19. Work station item
20. "Cruel Summer" group
22. Kiln kind
24. Quake's quiver
25. Library literature
28. Waves enthusiast
31. Spellbound
33. ___-expressionism (Art movement)
34. Modify the magazine
38. "___ dreaming?" (Is this real?)
39. Crews on ships
42. 1990s trial Judge
43. Large, informally
45. Wheat: French
46. Dishearten
48. Hotel's car attendants
51. Workshop machine
52. Ask for ___ (Request more money at work)
55. ___ aka Sporty Spice
57. Decongestant



- ___ (Pharmacy product)
60. Genghis ___ (Mongol emperor)
64. Backbone
65. "Tortoise Wins by ___" (1943) starring Bugs Bunny
66. Kilometre's counterpart
67. Decorate anew

68. Endures
69. Munitions
70. River of Flanders
71. Very: French
72. Clean-cut

Down

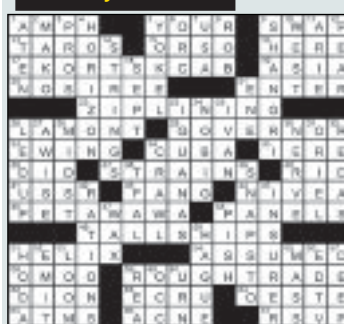
1. Did this, got a ticket
2. "___ Got Tonite" by Bob Seger

3. Wraths
4. 'Cottage Country' in Ontario, ___ Lakes
5. Jeweller's fave veggies?
6. ___ (Bo Derek in her breakthrough film)
7. Actress Ms. Sofer
8. Wayne Gretzky's Ontario hometown

9. Actress, Tia ___
10. Shiny-scaled fish
11. US naval base in Cuba, commonly
12. Cloudiness of vision
14. Metered rides
21. Depeche Mode song: "People ___ People"
23. Snake sorts

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword

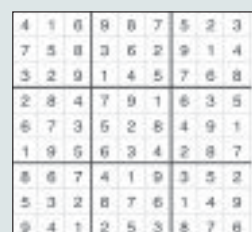


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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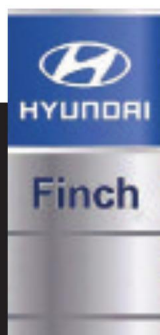
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